



# Conscious Serenity

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**Hypnotherapy. Beliefs and Behaviors Empowerment. Emotional Release, Somatic Body Therapy and Trauma Release Therapy.**

**Personal Coaching Programs. Online Courses. Recorded Hypnosis and more...**

- Clinical Hypnotherapist (ABHyp)
- NLP - neuro-linguistic programming (ANLP)
- CBT - Cognitive Behavioural Therapist
- Somatic Trauma Recovery Therapist
- Timeline Therapy (Tad James)
- Breakthrough Life Coach
- Spiritual Hypnotherapist
- Past Life Regression Hypnotherapist
- Reiki Master

**Conscious Serenity**

**ANGIE HOWARD**

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[www.consciousserenity.com](http://www.consciousserenity.com)

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## ABOUT ANGIE

Hi I'm Angie,

An internationally trained Hypnotherapist,  
who studied under the American Board of Hypnotherapy.

With years of practice and continued studies I have gained certifications in the programming and cognitive functions of the mind. Training in NLP under the Association of NLP (Neuro-linguistic programming). And Timeline Therapy (Tad James). I am also a Somatic Body and Trauma Release Therapist. I am a Breakthrough Life Coach and Personal Mentor. Working with both Clinical and Spiritual Hypnotherapy, including Past Life Regression and Energy Healing.

I personally have a love of learning and the expansion of my own mind. I'm in continuous ongoing training, because I love up-skilling my knowledge and techniques. And learn new ways to get you the very best results and outcomes you deserve and need.

Originally from the UK, though I haven't lived there for over 20 years. New Zealand is home, having been here for over 15 years. I now live in the stunning lakeside town of Wanaka, With established practices both here and in Queenstown. I also work with clients globally online via zoom video calling.  
Yes hypnosis works just as well online from the comfort of your own living room!



# WHAT DOES HYPNOTHERAPY TREAT?

Whilst I work with almost every issue, my areas of specialty are:

- Overcoming acute and chronic pain, illness recovery.
- Fertility, pregnancy - conception and overcoming birth trauma,
- Weight control, body image, overeating.
- Sleep, depression and anxiety, negative self talk, limiting beliefs



## AND SO MUCH MORE...

**Health** - Illness & Injury recovery. Preparing for surgery. Managing pain. Weight control. Eating disorders. Exercise motivation. Improve sports performance. Sleep/Insomnia. Fertility/Conception. Impotence and sexual dysfunction

**Personal** - Anxiety. Depression. Stress. Grief. Physical Abuse. Sexual Abuse. Confidence. Improve concentration. Find direction in life. Overcome self doubt. Think positively. Overcome shyness. Improve self-image. Manage conflict.

**Behaviors & fears** - Nail biting. Blushing. Stuttering. Binge eating. Enuresis (bed wetting). All fears & phobias. Dental anxiety. Exam nerves. Panic attacks. Social anxiety.

**Relationships** - Insecurity. Lack of trust. Overcome jealousy. Fear of commitment. Let go of past relationships. Overcome destructive patterns. Independence in relationships. Overcome narcissistic abuse. Overcome codependency. Anger management. Overcome relationship abuse. Create better relationships.

# WHAT IS HYPNOTHERAPY? AND WHY USE IT?

Hypnotherapy is a highly effective technique, used because of its ability to easily and effectively access the subconscious mind. The subconscious is the part of our minds that holds information and the keys to our freedom. Direct access through hypnosis means the information required to understand and change any experience is readily and easily available. Unlike other therapies where endless talking and years of ongoing sessions rely on hope that the source may eventually be found through much analysis and assumption. Hypnotherapy gets to the deepest of root causes quickly and effectively.

Hypnotherapy is a very safe, comfortable and a deeply beneficial therapy that allows access to the subconscious mind to enable you to change behavioral patterns and outdated ways of thinking that are no longer supporting you.

Hypnosis is a lot like daydreaming, in that it's an altered state of consciousness while your mind and body feel deeply relaxed. And just like daydreaming, you remain aware of everything that is occurring around you, it's simply as if your mind has slowed down. The trance-like state of daydreaming is similar being in trance with hypnosis.

## WHAT DOES THIS MEAN?

The mind consists of two parts;

- **The conscious mind**
- **The subconscious mind**

**The conscious mind** is what we use when we are in a normal awake and alert state. We use it to reason, rationalise, use logic and make decisions.

**The subconscious mind** is where we store our memories, our experiences and thoughts. Where we run on autopilot from.

Based on our experiences, we all develop our own meaning from these situations and incidents that occur in our life. This creates certain beliefs about ourselves, our life and our own individual reality. Which subsequently affects how we think, feel and act. These patterns or programs may have developed at any time and although the conscious mind recognises that the behaviour or belief is no longer acceptable, the subconscious mind is unaware of this and literally needs to be given a new message to rewire itself for a different way of being.

In essence the neuro-plasticity needs to create new neural pathways of thoughts, actions and behaviours and lose the old outdated ones that are no longer needed and no longer serving us.

We do this by regressing back in time to understand what originally created the belief. Once here we allow the mind to understand and change the habitual patterns of thought and behaviour ... *it's a bit like reprogramming the hard drive of a computer to effect change on the screen.*

We then effectively work through the issues and old beliefs that come to the surface for you. In this process you understand, heal and rewire new and more positive, beneficial and healthy patterns.

An understanding and freedom around any issues that have been holding you back is available at the end of just one session. Although, as we are all unique I recommend initially to book 3 sessions, each 1 or 2 weeks apart and we can reassess this after our first session.

## WHAT WILL I EXPERIENCE UNDER HYPNOSIS?

While under Hypnosis you are in a trance like state. You will always be completely aware of what is going on around you. You will be speaking, you can even laugh or cry.

Some people are concerned they may lose control or become unconscious and not be able to remember anything. This is never the case, at any time during the session you can come out of trance, just as you might snap out of a daydream. Although, because the experience is so pleasant it's unlikely you would want to.

## HOW IS HYPNOTHERAPY DIFFERENT FROM STAGE HYPNOSIS?

Hypnotherapy will help you to make positive changes to improve your life, whereas stage hypnosis is purely for entertainment. One major difference is that stage Hypnosis only works on around 10% of people, it's only a small amount who can reach a deep level of trance. Where as Hypnotherapy works on anyone who wants to be hypnotised.

## WHAT WILL A HYPNOTHERAPIST DO?

As a Hypnotherapist I'm trained in guiding you into different levels of relaxation and I will use a variety of suggestive techniques, all to retrain your subconscious to think, feel and act more positively and in a way that serves and benefits you.

I believe in working on a personal and individual basis with each client because not only is everyone unique, but they also respond in different ways and to different methods of treatment.

My skill is in helping you achieve whatever it is that you wish to change or improve in your life, and I adapt each treatment for you based on your needs. No two sessions are the same.

From experience I find the best long term results occur by removing the root cause of the problem, the very reason why you developed the pattern, rather than just changing or masking the symptoms.

We will chat initially and usually go quite quickly into hypnosis as the most effective results are seen through hypnosis rather than talking about it.

## **COULD I SAY OR DO SOMETHING I DON'T WANT TO?**

No, please know that you will never be asked and your mind will never accept or do anything that is against your will. Because your conscious mind is always observing, it will never allow you to say or do something you are uncomfortable with, nor will you accept any suggestions that are not in alignment with your integrity. At times you can in fact just drift off and allow your subconscious mind to do all the work without any conscious effort at all. It really is your time to just take it easy and enjoy the whole experience, it really is very pleasant.

## **CAN ANYONE BE HYPNOTISED?**

Yes, if they want to. It's just relaxation after all. The more you assist in the process by listening and focusing on what is being said, the deeper the relaxation will be. Hypnotherapy has worked for thousands of people just like you, no matter the issue. It's simple, effective and proven.

## **WHAT DO I NEED TO DO TO PREPARE?**

Prior to the session, it is very helpful if you can send me an email to [angie@consciousserenity.com](mailto:angie@consciousserenity.com) outlining the issue you are wanting treated and any relevant information. A history of any mental health diagnosis and any medications you may be taking.

This will enable me to send you any further forms and tailor our session to your exact needs.

As relaxation is required to access the subconscious mind it is recommended not to have caffeine or any other stimulants prior to our session as this can counteract the relaxed state, you can of course have caffeine much earlier in the day and after.

## HOW WILL I FEEL DURING AND AFTER?

During your session you will feel relaxed and comfortable. Hypnosis is a natural state that you already experience regularly in your day to day life so it won't feel unfamiliar. As each person is unique your experience is too. Most feel refreshed and lighter after a session with a sense of reflection and wonder. However. Sometimes the processing continues and you may feel a little tired and in need of quiet time. You will always leave with more understanding, freedom and empowerment.

## HOW MANY SESSIONS WILL I NEED?

Hypnotherapy is much faster and more effective than traditional talk therapy and most other subconscious modalities. Usually dramatic results will occur after just one session. Although as each person is unique a course of 3 sessions usually spaced 1 or 2 weeks apart is recommended initially

Occasionally, depending on the issue more may be needed. If after our first session you feel this type of therapy is not for you, you are able to cancel, so long as adequate notice is given. Please see the full details of my cancellation policy below.

## HOW LONG IS EACH SESSION? AND WHAT DOES IT COST?

Our initial session lasts between 90 minutes and 2 hours and the cost is \$220. Follow up sessions are generally 60-90 minutes at \$160.

Packages are available as follows:

New Client	Existing Client
\$ 500 for 3 Sessions	\$ 475 for 3 Sessions
\$ 800 for 5 Sessions	\$ 775 for 5 Sessions
\$ 950 for 6 Sessions	\$ 900 for 6 Sessions

\*Terms and conditions apply please see below.

## PAYMENT

Please make payment at the time of booking and in advance of our first session please. My account details are: AM Howard 38-9009-0534106-06

Please contact me to discuss other payment options. Cash is welcome and Card payments may be available at an additional 3%. Payment plans may also be available, please contact me to discuss this further if needed.

Payment terms are strictly 7 days, unless otherwise agreed. Late penalty fees of 10% per week will be charged.

## CANCELLATION POLICY - TERMS & CONDITIONS

If for any reason you are unable to attend your appointment or need to reschedule, please give at least 24 hours notice.

Changes and cancellations within 24 hours will incur a \$75 cancellation fee being charged. Failure to attend a session without any prior notice will incur the full session fee as cancellation.

Please make any changes online. Or by phone or text message to +64 210 276 3384. I do not always have access to my emails.

**\*Additional Terms and conditions for packages:** Payment is to be made in full at the time of booking your first session.

3 session packages - all 3 sessions are to be completed within 2 months.

5 session packages - all 5 sessions are to be completed within 3 months.

6 session packages - all 6 sessions are to be completed within 4 months.

## LOCATIONS

I have 2 locations and established practices, plus I work with people globally via Zoom, live video calling.

When contacting me to make an appointment please specify your preferred location, date and time so arrangements and relevant availability can be offered and appointments made.

Wanaka Inside Health2000. 24 Helwick Street.

Queenston/Frankton Inside Antidote Pharmacy. Shop C/05, 19 Grant Road.



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